



Happy Oktoberfest!

Annual parade
into the streets
of Kitchener.
Pages 6 and 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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MONDAY, DECEMBER 15, 2014

CONESTOGA COLLEGE, KITCHENER, ONT.

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More than just a fashion show

BY JENNIFER BAKER

When most people think of Oktoberfest, visions of dachshund sausages and polka music come to mind. But also taking center stage was the A Blooming After Fashion show, which rocked the runway, treating guests to a red carpet, great fashion and a lot of style.

The show, which was held Oct. 8, began as a fashion show, eventually transforming into a fashion event featuring clothing designed and made by female Kogel models. Entering its 10th year, a lot has changed.

This event, which now attracts over 600 people each year, showcases the area's top local fashion.

From casual wear to lingerie, this year's show featured local retailers from Kitchener-Waterloo, St. Catharines and Newmarket.

Representing every age, models walked the runway wearing garments from 15 local designers, including and beyond from GAP Kids and Spencer.

The event featured for the first time a runway show put on by the Kitchener-Waterloo Christian Official Street Show, appearing in Oktoberfest for the first time, perfect for that beer-drinking night on the town.

Tony Van Katschek has been the committee's chair for five years and said she has seen the show go through a lot of changes, including the addition of German dancers this year, which the commit-tee hoped would provide a little Oktoberfest flair.

"To be honest that's the first time we've done something like that in a long time," she said. "I think that over the years there have always been the same people who come to the show, there's been a whole segment I think people don't remember it's Oktoberfest."

Also pushing the envelope, this year was Vanessa's Fine Linen and Lingerie, based out of Kitchener.

Beginning the roll with soft lace, silk and sequins, the runway, of the lingerie line, Vanessa's models were transformed from demure ladies to powerful women sporting black undergarments accented with



Model struts their stuff in clothing from Vanessa's Fine Linen at the A Blooming After Fashion show at Kingsmark Oct. 8.

beaded riding crops and heels. But the evening's highlight wasn't just about fashion. Every two years, A Blooming After models are charitable representatives to raise money for.

This was the second year the show helped raise awareness and cash for Prole Stroke, an organization that supports children with disabilities who participate in therapeutic horseback riding.

The committee's decision to add a charitable component wasn't made right from the start, began with Katschek. Wanting to give back to the community, the committee decided not to support just

one organization exclusively, but offered each group such one of them a chance to tell their story and present a proposal.

Van Katschek's help with A Blooming After.

"What's great about it is that the kids model in the show and they get involved with selling raffle tickets beforehand," she said. "It's not just that they're there at the end and to be honest to be honest, they're really a person who is very important to us."

Headliners Blackman, executive director of Prole Stroke, said her organization was thrilled to have been a part of

the event for the past two years.

"People are often unaware of the type of progress and services that are offered to their communities," she said. "Events like A Blooming After are a great way to reach a lot of people."

According to Prole Stroke's website, the benefits of horseback riding are multi-dimensional.

Lessons are based on recognizing, which includes each rider in turn at his or her own pace. Participating in activity become also hands-on experience between the rider, the horse, volunteers and staff members.

"Therapeutic riding uses the

horse as an instrument. The combination of the horse's movement, which simulates the human walking motion and its higher body temperature serves to supply passive heat energy to the rider's muscles thereby reducing any muscle tension or strain during the session. Riders also participate in exercises to improve their muscle strength and flexibility in their upper body."

Prole Stroke will receive a portion of the money raised from raffle ticket sales. MacKinnon said with the evening's large turnout, she hoped to exceed last year's total of \$1,500.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite thing
about fall?



"Pumpkin pie!"

Chris Patterson,
second year
business administration
accounting

"I love Thanksgiving and
going home and seeing all
of my friends."

Courtesy Griffin,
first year
CBA



"The cold, honestly it
makes me feel warmer."

Della Lebeck,
second year
business administration
accounting

"Fall clothing (wearing
jeans, not shorts)"

Jasni Lantieri,
first year
CBA



"Candy leaves!"

Frank Blaisdell,
second year
business administration
accounting

"I get to comfortably wear
pants again."

Michael Killeham,
second year
business administration
accounting



Sally Conestoga, you must be current president!

Canada celebrates Citizenship Week

BY CALEEN MCLELLAND

From Chinatown and Little Italy in Toronto, to Kitchener's annual K-W Multicultural Festival, everyone can see the diversity that exists across Canada.

And while we should be proud to be Canadian every day of the year, Citizenship and Immigration Canada "encourages all Canadians to reflect on the value of citizenship and what it means to be Canadian," particularly during Canada's Citizenship Week, which will take place from Oct. 15-21.

According to an Oct. 14, 2011 news release entitled, "Celebrating Our Citizenship through Canada's Citizenship Week 2011," in 2010, "more than 143,000 newcomers became citizens."

But the process of becoming a Canadian citizen is both rewarding and challenging for many, and according to Louis Harrison, executive director of the Kitchener-Waterloo Multicultural Centre (KWMC), there are many obstacles that Canadian newcomers face.

"Some of our services give general advice, and sometimes a long time," Harrison

said, adding that the ones that take a long time are the most memorable.

An example she gave was a woman who was a victim of domestic violence, with limited language skills, who didn't safety and became self-sufficient within the community. "On a foreign trained teacher, who after 10 years, is now in a classroom. There are the most memorable experiences for me, because the commitment was so large on their part."

And there are the people who should feel most proud to say they are Canadian, or that they are working toward becoming Canadian, during Canada's Citizenship Week. Sybil Miskin, who became a Canadian citizen when she was 15, is one of those people.

"I'm proud to be Canadian in every aspect," said Sybil Miskin. "Canada takes care of its citizens and gives them all equal rights."

Harrison, who was born in Holland, is also a proud Canadian citizen.

"There is nowhere else I would want to live," she said, adding that Canada can always do better.

And Harrison herself strives to do better each and every day for the people she serves, because working with these people also teaches her what the future must look like.

The Kitchener-Waterloo Multicultural Centre, which is located in Kitchener at 100 King St. W., provides services such as settlement counselling, employment services and language interpreter services. There is also staff available to help newcomers fill out necessary documents to prepare them to become Canadian citizens.

A great way to celebrate your citizenship this year would be to donate to the KWMC, or volunteer there, making permanent on their journey to becoming Canadian citizens.

For more information about the centre, visit our home on its website.

Stories written by Canadian citizens born abroad about what Canada means to them, and more information about Canada's Citizenship Week can be found on the KWMC website at www.kwmc.ca, or on their Facebook and Twitter pages.

DOWNTOWN KITCHENER BECOMES A BAVARIAN VILLAGE



PHOTO BY CALEEN MCLELLAND

The intersection of King and Frederick streets and King and Boston in downtown Kitchener were closed during Thanksgiving weekend to mark the beginning of Oktoberfest, "Willkommen!," one of the city's many Oktoberfest celebrations, run until Oct. 13 and includes a free live children's entertainment, traditional Oktoberfest food, and, of course, a barge.

Nature vs. nurture

What shapes who we are?

BY GABRIEL TUGHER

Who are we really? What shapes us into the people we are today? Is it the experiences we've been through and had to endure our entire lives until this point? Or are we shaped more by the traits we've inherited from our biology?

The debate between nature and nurture has been raging for centuries. The debate centers on whether genetic inheritance or environmental factors contribute more to human development. Nature determines your eye colour, hair colour and even your behaviour and sexual preferences—something you're born with. The nurture side of things involves the way you were brought up, the environments you're in and how you were raised.

If you have identical twins shouldn't they be exactly the same if they have the exact same genes? Why do they always end up having completely different personalities? Both nature and nurture play a huge role in who we become.

You go to make it more likely that you'll get a certain job but we believe that the experiences you go through shape who you become more than anything else.

If one person grew up in a loving home surrounded by friends and received a good education the person likely would turn out differently than, say, a person who had both parents and is struggling to get by.

The choices we make day-to-day are made based on how we were raised, not how we were put together genetically. If you have learned from experience that the store is hot when it's on, you won't make the mistake of touching it when you're older. How can you have it if you understand that it's not the experience of being told it's hot or even feeling yourself on it that helped you learn.

Genes may make you a blue-eyed blond, but they don't teach you about life, you learn about that the hard way through trial and error and by watching others.

The chosen letters represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. Un-solicited letters will be published. Letters should be no longer

than 500 words. Spokey reserves the right to edit any letter for publication. Email letters to www.spokeyonline.com with the subject line "Letter to the Editor," or bring them to Room 1030 at the Spoke campus.



It is estimated that the K-W Oktoberfest had an economic benefit of \$21 million.

Women need to dress up, not down this Halloween

It's not a day to dress like a slut

The only thing scary about Halloween nowadays is the lack of self respect and other people have.

The last time I checked, Halloween was a time to dress up in a scary or funny costume. Now, unfortunately, many women prefer to wear sexy to nothing.

This doesn't define who they are and maybe they don't want to dress that way but what's wrong with a sexy and tasteful costume? I tried to tell my eyes when I go to Halloween parties because almost every girl looks exactly like mine.

As the movie Mean Girls states, "In girl world, Halloween is the one day a year when a girl can dress up like a total slut and no other girls can say anything about it." I try to think that the same women have taken this to heart.

Chances are if you go to a Halloween party wearing an actual costume, you'll get



Kristin Millard
Opinion

more attention, and it will all be positive. If you wear a skirt and tiny shorts, you're not going to stand out. From what I've seen, you're more likely to be told on. There is nothing creative about showing off all of your skin. Spokey, maybe you'll get encouragement that you're still "just a girl" but if you want respect, make sure your clothes are in your shorts.

Most days, every girl is planning their costume. They are looking forward to getting costumes that have funny or creative ideas. But, unfortunately, a lot of women look forward more to showing off their pants than Halloween's itself.

So many women refuse to be original with their Halloween costumes but they are thinking that out the window when Halloween rolls around. If you go to the store and buy a sexy latex costume, you won't be wearing "Best Costume" anytime soon.

44 is girl world, Halloween is the only day a year when a girl can dress up like a total slut and no other girls can say anything about it. **99**

— The movie Mean Girls

Then ask what Halloween is supposed to be about. So let's all encourage every female to replace the days of originality and creativity. It'll make for a better Halloween.

SPOKE

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GEMÜTLICHKEIT



Miss Oktoberfest for 2001, Lindsay Crutcher, among her sisters, such as Mischling's wife, waves to the Oktoberfest Parade spectators who lined King Street on Oct. 8.



Possibly the youngest and smallest member of the Philippine Heritage Band, this boy from Vaughan, Ont., adds to his own to play his trumpet.



The War Amps float makes its way down the Oktoberfest Parade route, as members wave and cheer.



Waterloo Regional Police Force members begin the Oktoberfest parade by riding their motorcycles, flashing their lights and impressing the spectators.

Thanksgiving Monday kicked off with the 44th annual Oktoberfest parade

STORY AND PHOTOS BY STEPHANIE LEFFERTS

Despite a chilly 5 C morning, 200,000 people lined King Street, lawn chairs and King beds in hand to see the 44th Oktoberfest parade.

On Oct. 8, the parade started at Waterloo at King Street and continued down King Street to Madison Avenue.

Featuring bands, speakers and organizations, the parade took just under two hours to make its way down King.

As the bands moved along, spectators were invited to vote via text for their favourite one. Just like last year, when the Best was first introduced, the Best Show, Fossil Ship, Best was People's Choice Award.

This year, the Canadian Fiddlers, from the show on History Channel, were the grand marshals and said they were excited about it.

Two days before the parade, they said they loved Oktoberfest in San Francisco. "It doesn't seem better," said Shadden Smithson. "But I'd sure come back. I love it."

The two antique collectors were also given the honour of tapping the opening car enemy's bug.

"Apparently I'm the first one to drink from the vinyl on stage," said Scott Cusins.

Cusins and Smithson got to ride in a wine pickup truck during the parade, a good choice for two western guys.

According to Ben Scheller, vice-chair of the parade, the day went smoothly.

"The parade went very well," he said. "The grand marshals were a big hit with the crowd." Still, the parade had a few glitches. The Old Lady in Her Show Boat had some mechanical issues which resulted in some spraying water and the Fossil Ship that had to be towed through the last section of the parade.

"It was because of a small," said Scheller.

Though they had to be up at the parade watches at 5 a.m., the volunteers were on high spirits throughout the day.

Chris Humpal, one volunteer, said it was difficult being one of the last floats in the parade, especially with a bunch of kids participating.

Humpal said the weather was cold and the children were getting ready to get home.

Overall, the crowd was enthusiastic and proud to be with the bands, cheer for the volunteers and cheer on the parade.

The parade judges, Taylor Jones, Sam Kuhn, Corrie Oliver and Dave Supina, voted and gave the first place. Fossil Ship, awarded by Popcorners, won the parade for best visual appeal. The Fossil Ship, sponsored by the Fossil Ship, awarded the Harvest Award, the second place award for visual appeal.



A brass band player from the Top Hat marching band plays his horn and for everyone on his bright and colorful float during the parade.

EIN PROSIT



Two members of the Schlegelgruppe perform on stage after a ballroom during the Oktoberfest parade.



The Canadian Probers, Sheldon Smith (left) and Scott Coombs, pose at the first parade breakfast on Oct. 8. The couple collected attendees' events over the weekend and wrote the parade grand marshals.



The Canadian Probers (left), Sheldon Smith and Scott Coombs, join New Oktoberfest, Lindsay Gaudin (right) and Mr. DeGallo, president of Oktoberfest, for a beer toast after raising the opening ceremony's flag at Ritscher's Bier Hall on Oct. 5 to kick off Oktoberfest.



The Spicy Sugar team (by their look) at the Barrel Roll competition on King Street in Uptown Waterloo on the morning of Oct. 6.



Women dressed in traditional Oktoberfest costumes, courtesy of the Ship Shop, wave from the stern of the Fire Ship float, smiling at the Oktoberfest parade spectators.



Downtown College culinary arts students make pastries for the first ever morning parade breakfast on Oct. 8.



Waterloo Centre-MPP John Milloy attempts to do the reverse Chicken Dance at the Oktoberfest opening ceremony on Oct. 5.

Documentary maker releases debut film

BY MIKE WILKIN

Typical 19-year-olds worry about just one thing on a Friday night, not about their current class on a Thursday. However, for Rob Whithard taking a break on stage was on his mind as he sat up until Sept. 27.

That date will be forever etched in his memory because it was the day the second-year University College Institute television student won his first full-length documentary, entitled *The Two of Us*, presented at the Guelph Cinema on Kipling. The film focuses on Don Harris, a Montreal poet, and how he inspired approximately 18 artists from film and theatre to create their own works of art. "The documentary also features Don's biggest influence, his father

Art, and the effect he had on his son's writing."

Whithard's good friend, Peter Skogstad, accompanied the teenager about the documentary idea with a rough script already in mind. Skogstad needed a motivated individual to bring the piece to the big screen and Whithard jumped at the opportunity.

"I knew there would be good money," said Whithard. Skogstad eventually became the project manager and young Whithard handled most of the shooting, filming and editing. Most of the work for the three-month project was done over the summer, but over September 1st, Whithard was overwhelmed.

"It made sense to crunch time when school started. The second week was like no sleep



PHOTO BY MIKE WILKIN
Rob Whithard, a second-year University College Institute student, poses with his promotional poster for his documentary, *The Two of Us*.

for like a week. I was just working on the video."

With the Sept. 27 premiere date in the back of his mind, he would work on the documentary one night and sit at his computer the next and so on.

Whithard was beyond excited to have his own production as a movie theatre for others to view. "Seeing it and watching other people appreciating it was definitely one of those surreal moments," he said. And the experience was interesting in a way that was hard to describe.

There were about 25 people who attended the single showing at the Guelph Cinema at 8 p.m. Whithard said that since he listed the number of people who could attend he hopes to have another viewing on a later date with a more suitable time later in the evening.

"The next 100 per cent would have many people would be asking if that I would not make around 60 to 80 people."

Whithard plans to fix the documentary in some sense in order to make it in a few days.

Donna Davidson, a professor of English literature at University College, told Whithard that he thinks the film is definitely around the way if there are a few minor adjustments made.

Whithard is also into film, especially his school has a business, through The Love Productions & Photos, about three years ago, but it has taken a back seat more recently due to his heavy involvement in film and commitment to school.

Applied Research offers head start

BY STEVE BACCHUS

In today's competitive job market, employers are looking for anything to separate a potential employee from the masses — working on a project with Applied Research can help students do exactly that.

Conestoga's Applied Research offers two major projects out of which are introduced to give students an inside look into the real world of industry by allowing them to work hand-in-hand with many companies to develop specific products.

"Students get to try on the reality of what their education has actually done for them," said Andrew McManus, administrative assistant at Applied Research.

The department started back in 2004, but it's only been since 2005 that they have seen major funding due to generous contributions from the Federal Economic Development Agency for Southern Ontario (FedDev).

"Companies do a lot of work on between having employees with job specific knowledge," said Greg Robertson, "a member of Applied Research." However, students in their programs get the advantage of learning both.

Currently there are many projects that Applied Research offers to students depending on which programs they are enrolled in.

One of these interesting projects is "Development of Freshman Initiatives in Post-Black Plastics," which gives participants a chance to work with Donna Jeffery, principal investigator and research assistant, to develop a prod-



PHOTO BY STEVE BACCHUS

Principal Investigator Brian Jeffery (left) and mechanical systems engineering student Doug Burns stand with a laser engraver in their workshop, where they work on their project, entitled "Development of Freshman Initiatives in Post-Black Plastics."

uct for Trillium Ltd.

"This is one of the best projects out there," said Jeffery. "It gives students a wide range of things to work on, but if students have interest in a specific area I like to let them explore that too."

Medical and systems engineering (MESE) student Doug Burns was introduced to the project by a professor of his, and he works to help Jeffery with the development of the project.

"The project deals specifically with stuff that's not related to my discipline," he said. "It really reinforces everything that I've been learning in both first and second year."

Burns has the opportunity to get a head start on other students and can gain eight months of pre-production work experience by working on the project, this means

toward the eventual four years of experience that he'll need.

"There are certain things I've done on the project that are huge in the industry," he explained. "It really gives you a huge competitive edge over the other graduates."

Burns is one of approximately 80 students who will be enjoying the rewards of projects set up through Applied Research.

But what does the future have in store for the department next year?

"The program's funding from FedDev expires in March, but they are hoping that will be extended so they can keep providing students with projects to work on."

"We'll just keep applying for as many professional and lab and grants as we can," said Jennifer Fletcher, research projects administrative. "We need to keep Applied Research moving forward."

October Workshops and Networking

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Workshops are held in Room 2000, Conestoga College, 1000 University Ave.



- To register via MyConestoga:
1. Log in to the student portal
 2. Click the "Services" tab
 3. Click "Login to MyConestoga"



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Seasonal predator strikes again

BY JESSICA DUTCHER

With summer gone and the cold weather upon us, people are staying indoors more, resulting in the cold virus being transmitted more easily.

Cold, everyone has experienced the pain and frustration that has led to many of us left without a solution.

One common myth that many believe is that taking vitamin C makes a cold less severe or shorter. According to research, it does not. Therefore, it is not recommended to up the dosage of vitamin C. However, taking the vitamin before you become ill can help ward off the virus.

The best way to avoid getting a cold has been maintained a thousand times – wash your hands. This does not mean you should wash your hands every 15 seconds. The warm water and soap kill germs, but make sure to wash thoroughly. You should sing happy birthday twice before lathering off the suds.

Kathy Sawyer, a graduate

of Cosange College's nursing program, strongly recommends washing your hands.

"Always wash your hands, especially before you eat," Sawyer said. "Wash into your elbow and scrub your hands after you sneeze or cough."

Sawyer said another way to avoid a cold, especially when symptoms are beginning to show, is to get an adequate amount of sleep.

Sleep and the immune system are tightly linked, so extra sleep is needed.

According to medical research, suggests that poor sleep can increase your chance of getting sick.

Another way to stay healthy is to exercise. According to medical research, research shows that postmenopausal women who exercised for one hour had far fewer colds than women who didn't.

Another tip is don't touch your face. According to research, the average person touches their face up to 14 times per hour. The easiest way for viruses to spread is

through nose secretions such as the mouth, nose and eyes.

The cold virus can live up to 24 hours on inanimate objects, so if you touch an object then touch your face, you are possibly increasing your risk of getting a cold.

Sawyer also mentions your health and staying away from sick people are good ways to avoid becoming ill, although that won't help you in public places such as school.

"The cause of cold viruses that could be carrying the virus," Sawyer said.

Students at Cosange College have their own ways to ward off colds.

"But lots of times and don't drink milk – it only makes it worse," said Chelsea Arnett, a Cosange College broadcast journalism student. "I think that getting pills or vitamins are OK, especially when you're prone to catch."

"To a prophylactic? I wash my hands all the time," said Allison Moffat, a Cosange College childhood education student. "I wish my hands prob-



Kathy Sawyer, a 16-year-old student at Haven Heights secondary school in Richmond, sits on a couch to help her overcome the common cold.

ably 15 times a day and use hand sanitizer because I don't want to get sick."

Another thing to remember is that taking cold medicines will not get rid of the virus.

"Cold medicine don't help you get over it, they just make the symptoms more tolerable," the cold, however, is going to run its course," Sawyer said.

Being a parent and student can be overwhelming



Chelsea Arnett balances school and motherhood.

Chelsea Arnett balances school and motherhood.

BY JESSICA DUTCHER

The majority of parents available today require post-secondary education. This is why adults are putting their knapsacks back on. They are trying to juggle their financial situation while also achieving a career goal.

A 2000 study done by www.collegeboard.org found that 41 percent of college students are over the age of 31. This means that people with children are also upgrading their skills by going back to school.

With all students facing the pressure of keeping up a high GPA and how that can cut away at your social calendar, imagine being a

child, doing academics all over your textbooks while you study.

This is a reality for many parents who number the post-secondary world. Juggling between classes and playtime, parents have to find a balance between being a "mommy" or "daddy" and being a student.

Chelsea Arnett is one of those parents.

She is a second-year Cosange College student in the office administration, business program and is also a licensed child welfare worker.

Arnett decided to go back to school so that her son could have a brighter future. Being the sole provider, she realized that college may take away from the time they get to share together, but in the long run it will give them financial security and a better life. Though Arnett said knowing she would balance out her overwhelming life tries to enjoy the moments she shares with her son after school is out for the day.

"When I pick him up from day care so when he goes to bed it is his time with me," said Arnett.

Though both school and a young boy, Arnett has come up for parents who are thinking of going back to school. "Depression, mood swings,

taking advantage of my time, keep on top of all work and make sure to spend time with your kids or wife."

Having determination to succeed in school is a great goal, but how are parents able to handle the financial burden too? Once fall 2011 the average tuition cost for an undergraduate has risen five per cent across Canada, according to a Sept. 12 CBC article. With tuition constantly on the rise parents who are returning to school may expect to feel their pockets emptying too, but there are financial aid options.

Student loans and ORAP can help cover the cost of schooling based on the average salary of yourself or your spouse. For those people who are on higher need, grants and scholarships are available. Not only can you find scholarships for programs of study but there are also specific ones based on being a caregiver.

At www.scholarships.ca you can easily search for scholarships that would apply for yourself as well as multiple scholarships for single parents.

Getting support from family and friends for this transition in life is essential, but keep in mind this paragraph: changing is just as important.



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The cost of providing our seniors with health care is taxing Canadians

BY BRAD COHENMAN

Young taxpayers might be afraid of expenditures exceeding their wallets after a Statistics Canada study detailed the country's aging population.

Population Statistics released by the agency on Sept. 12, found that the senior population has increased by 57.6 per cent in the past 30 years. Seniors currently represent 14.6 per cent of the total population.

The elderly population's growth is due to both fertility increases and a decline in the nation's birth rate — the population of children fell 3.6 per cent.

While increased life spans due to advances in modern medicine place a small role in the issue of ageing, the cost of providing them with care weighs heavily on Canadian taxpayers.

Figures from the Canadian Health Services Research

Foundation reveal that in 2006, seniors cost Canada \$50,742 per person per year, in comparison to the \$2,097 for those under 65.

Jeanne Clarke, a medical sociologist at Wilfrid Laurier University, believes there are two things driving up the cost of senior health care.

"Most people still die in hospital and that last two or three weeks of life is extraordinarily expensive," said Clarke. "People who are going to die should be moved to a hospice."

Ontario's Local Health Integration Network (LHIN) is taking a step in that direction with its Aging at Home Strategy. The strategy aims to aid seniors living at home by increasing support services. But, the program will cost taxpayers 4700 million over three years.

"The elderly have been mis-served," Clarke said, meaning they're often taking too long prescribed medications

"The medical system mistreats these expenditures."

Clarke and others specifically the stereotypical relation between seniors and degenerating health, leads health-care professionals into unnecessary testing. These tests such as cancer screening and blood work are costly.

More likely to be misdiagnosed, seniors are more likely to end up back in the hospital. Juggling medication incorrectly, being prescribed interfering medications and simple over-the-counter increases the chance of falls.

"Over-medication could be one major reason of elderly people going into the hospital," Clarke said.

LHIN estimates that the senior population will double in the next 10 years. Along with programs targeted at decreasing medical budgets, young and middle-aged taxpayers will end up paying the bill.

BY JENNIFER GILLESPIE

The push is on to get more people volunteering at Waterloo Region.

At a press conference on Oct. 2, the Waterloo and Wellington Community Foundation (WCCF) and the Cambridge and North Dumfries Community Foundation (CNDF) released its fourth annual Waterloo Region's Vital Signs Priority Report.

The report was prepared by developed in Toronto by the Waterloo Community Foundation in 2001. In 2007 both the WCCF and the CNDF teamed up preparing a report on the quality of life in Waterloo Region based on 11 key areas including environment and the gap between rich and poor.

The press is addition to releasing the report, which focuses currently four key areas:

—Belonging and Leadership, Arts and Culture, Growing Stronger Communities and

Health and Wellness — the two organizations created a new website to connect donors and volunteers with non-profit and charitable organizations that do good work in the region.

The Centre for Community Knowledge website, www.cckw.ca, offers varied examples of the community first, followed by text explaining what the centre is and what it offers. It is hoped that those wishing to get involved will find it a great

way to learn about volunteer opportunities and for donors to learn about worth while causes.

Rosemary North, CEO of the WCCF, spoke at the news conference about the program and its focus. North was quick to point out that without volunteers, programs such as the Random Act of Kindness Day couldn't survive.

"Giving is so important, we've gone from eight volunteer in our 100," North said. "It is more (left) in some staff, it just wouldn't happen."

"One of the first lessons is getting started, which leads to ensuring our children get a good start in education."

Michelle Denison, executive director of Strong Start, a reading program dedicated to improving all children's lives to read, spoke about strong starts in our community and how important it is to ensure volunteers and financial support.

Denison also talked about the over 1,500 children helped last year by over 1,000 volunteers.

There are approximately 15,000 non-profit and charitable organizations in Waterloo Region and as a volunteer looking to give back, or a donor looking to help, it can be difficult to decide where and how to do so.

The community now has a place to go, whether you're a donor or volunteer. For more information visit www.cckw.ca, www.wccf.ca or www.cnf.ca.

PUMPING IRON AT THE CONESTOGA GYM



PHOTO BY BRAD COHENMAN

Jacob Hill, a second-year kinesiology student at Conestoga College, lifts the gym on Oct. 5, the first day back after a busy-fall Thanksgiving weekend spent in Kitchener with his family.

EAT WELL. LIVE LONGER.
learn more at heartandstroke.ca



OCTOBERFEST CELEBRATED IN CAMBRIDGE

PHOTO BY BOB MENDONÇA

For photo: Cambridge celebration at Cambridge City Hall on Oct. 24 included the singing of a hymn.

Left: Cambridge Mayor Doug Goff (left) and Mayor Neil Winter enjoy a glass of beer at Oktoberfest at City Hall.

TURKEY TIME AT CONESTOGA'S CAMPUSES



PHOTO BY JENNIFER GAGNON

Chief Eric Wood cuts one of the 20 birds cooked for Thanksgiving at Conestoga's campus, served in the Atrium Cafe at the Cambridge campus, and the main cafeteria at Owen on Oct. 4.

In a car accident? Here's what to do

BY BOB MENDONÇA

Whether in just around the corner and with it comes the lawsuits and slippery roads that stress out the owner of our accidents. No one ever wants to be involved in an accident but for those who are, the damage and costs you take immediately following that fateful meeting of metal could be important to your safety and your wallet.

Collisions happen every day around the city, sometimes just blocks from your home, causing a lot of stress and confusion. Knowing what to do can lessen the effects and alleviate a lot of that stress.

The word "accident" isn't really an accurate term for a collision, since 90 per cent of all accidents are preventable, and are either caused by drivers or even caused by drivers taking to blame for your weather conditions, and Old Holland spokesperson for Western Regional Police. But once that collision does happen, there are some important steps that should be taken, especially if you or someone in your vehicle is injured.

"The first thing people should be concerned with is their safety. If they are injured or a passenger in their vehicle is injured, call 911 immediately, so that help can be dispatched as soon as possible," said Holland.

Drivers should notify police if damage to their vehicle is over \$1,000. If drivers aren't sure whether they need police assistance, call the dispatch centre and explain your situation and they can advise you on what you should do.

If it's safe to do so, move your vehicle over to the side of the road, turn on your hazard lights and, regard less of the circumstances, never admit fault for the collision or assign blame to the other driver. Never sign anything regarding fault, or make any promises to pay for damages and Holland.

Once you are safe and the vehicle can be moved, get out of the vehicle and make sure you are in a safe place, noting all the details of the collision including the time, date and location, speed of your vehicle and weather and road conditions. Draw a little sketch of the collision showing position of the vehicles involved, light and

If your cellphone has a camera take pictures of the scene.

However, don't you have exchanged information with the other parties and if there are witnesses get their names and phone numbers. Don't ever drive away without that information.

Steven Averb, spokesperson for CNA South Central Ontario, said that an accident must be reported to a collision centre within 24 hours if damage is greater than \$1,000, the police were not present at the scene, or if damage is minor and you can drive your car to the collision centre.

According to Tim Hickey, vice-president of Home and Auto, EICO Insurance, drivers should also call their insurance company right away, as a licensed insurance professional can handle the accident claim.

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— Old Holland

"Being in a car accident is an unwelcome experience so it's easy to lose focus in the moments afterwards. However, if prepared, there are a few things that should be done immediately following a collision," he said.

Hickey also said drivers should authorize repairs immediately. Insurance adjusters can order drivers to repair body work where the repair comes with a guarantee, so don't just go to the cheapest auto body shop you can find — they are usually cheap for a reason.

Western Regional Police offer a complete documentable and printable pamphlet that drivers can carry in their glove box and that guides a driver step by step immediately following a collision. It, as well as some other handy information, can be found on their website at www.wrp.on.ca and traffic road safety division reporting.

Always all drive carefully and always pay attention to your surroundings. Also allow plenty of time to arrive at your destination and never use talk or text on your cellphone while driving.